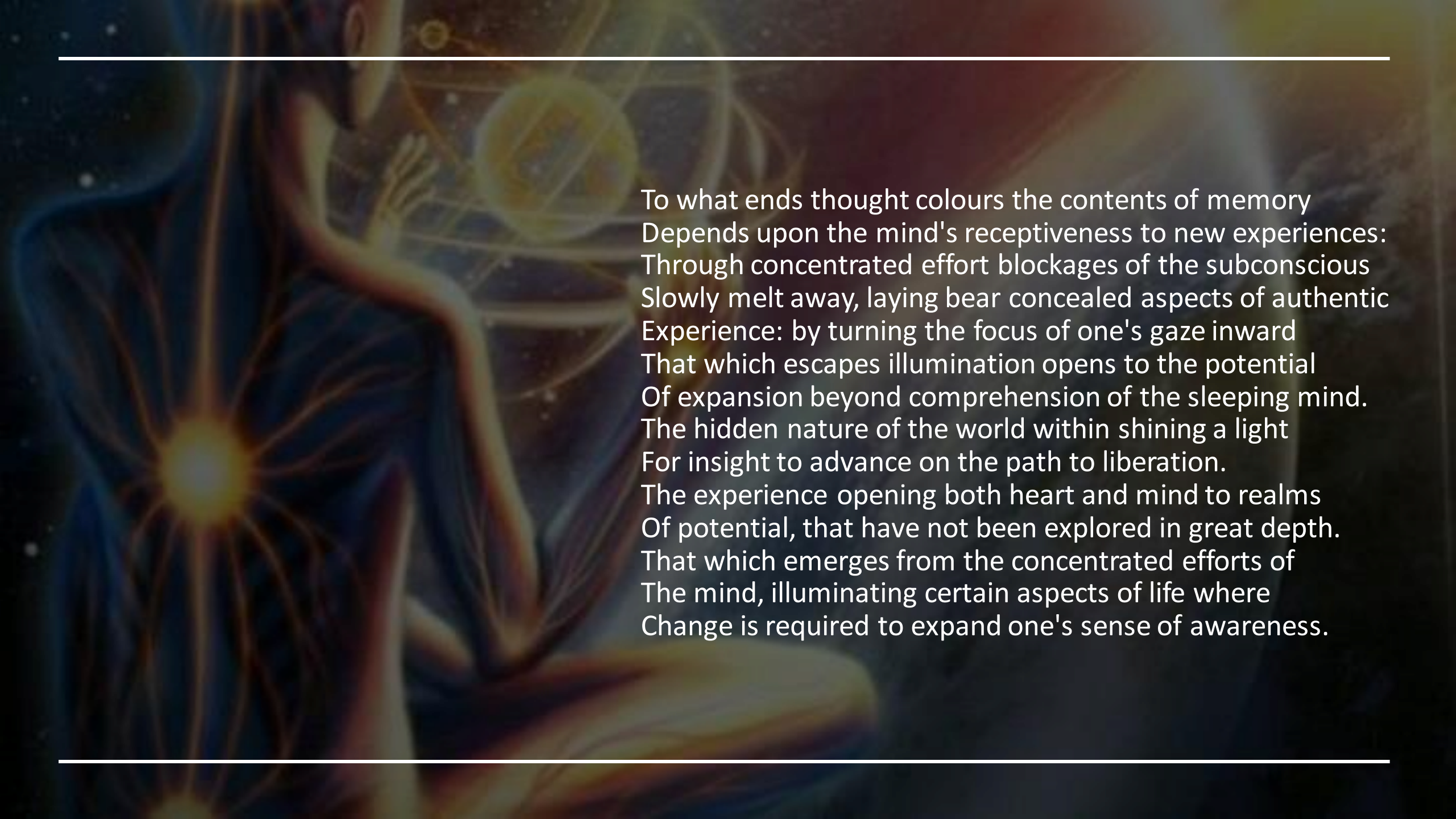

To what ends thought colours the contents of memory
Depends upon the mind's receptiveness to new experiences:
Through concentrated effort blockages of the subconscious
Slowly melt away, laying bear concealed aspects of authentic
Experience: by turning the focus of one's gaze inward
That which escapes illumination opens to the potential
Of expansion beyond comprehension of the sleeping mind.
The hidden nature of the world within shining a light
For insight to advance on the path to liberation.
The experience opening both heart and mind to realms
Of potential, that have not been explored in great depth.
That which emerges from the concentrated efforts of
The mind, illuminating certain aspects of life where
Change is required to expand one's sense of awareness.